

Great American Smokeout (GASO)

November 16, 2006

US Army Center for Health Promotion and Preventive Medicine
Directorate of Health Promotion and Wellness

Army GASO 2006 Focus: It's addiction

Guidance

- A. Submit print materials to installation **newspapers**.
- B. Inform your target audience of the health threat of **nicotine addiction**.
- C. Provide **tobacco control** information to line assets.
- D. Collaborate with troop **medical assets**.
- E. Contact **USACHPPM** for technical information.

Resource Hotlinks (All resources easily accessible on the web)

- 1. Patient Resources (1-10)
- 2. Health Care Provider Resources (11-17)
- 3. Marketing Resources (18-19)
 - a. GASO 2006 Press Release
 - b. USACHPPM Tobacco Control Resources
- 4. Visual Resources (20-27)

The items listed below do not in any way constitute Department of Defense endorsement of any private entity, its website or its products.

Patient Resources

1. **Packed Poison: The Truth About Tobacco Products**
Soldiers Magazine Hot Topics 16 page electronic edition (printable)
<http://chppm-www.apgea.army.mil/dhpw/Population/HotTopicsTobacco.pdf>
2. **Freedom from Smoking ONLINE by the American Lung Association**
FREE Tobacco cessation program website with all program elements
<http://www.lungusa.org/site/apps/kb/home/login.asp?c=dvLUK9O0E&b=38973>
3. **Center for Tobacco Research and Intervention—University of Wisconsin**
Highly regarded information on tobacco effects and cessation techniques
<http://www.ctri.wisc.edu/index.html>
4. **Nicotine Addiction from the National Institute on Drug Abuse (NIDA)**
Critical information on the highly addictive property of tobacco
<http://smoking.drugabuse.gov/>
5. **Health Effects of Tobacco on Women**
Highlights the adverse health effects of tobacco on women
<http://women.americanlegacy.org/includes/pdfs/facts.pdf>
6. **Women and Tobacco Cessation**
A Breath of Fresh Air program from the U.S. Department of Health and Human Services, Office on Women's Health
<http://www.4women.gov/quitsmoking/>
7. **Clearing the Air**
Practical resource for all aspects of smoking cessation
http://www.smokefree.gov/pubs/clearing_the_air.pdf
8. **Five Common Myths about Quitting Smoking**
Clear discussion of myths that keep you from becoming free
<http://www.surgeongeneral.gov/tobacco/5myths.htm>
9. **Tobacco Cessation Website**
United States Government website—very practical
<http://www.smokefree.gov>
10. **Spit Tobacco: A Guide to Quitting**
Freedom from addiction to chewing tobacco
<http://www.nidcr.nih.gov/HealthInformation/DiseasesAndConditions/SpitTobacco/QuittingGuide/>

Health Care Provider Resources

11. CME/CE Treating Tobacco Use and Dependence

Excellent FREE CME/CE for all healthcare providers

<http://www.medscape.com/viewprogram/3607>

12. Tobacco Use Cessation Clinical Practice Guideline VA/DoD

Primary source for all DoD healthcare providers updated 2004

http://www.oqp.med.va.gov/cpg/TUC3/TUC_Base.htm

13. Health Consequences of Smoking, Surgeon General's Report (2004)

U.S. government report on the dangers of smoking

http://www.cdc.gov/tobacco/sgr/sgr_2004/

14. Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General (2006)

Deaths and disability from exposure to environmental tobacco smoke (ETS)

<http://www.surgeongeneral.gov/library/secondhandsmoke/>

15. Tobacco Addiction Research Report

Direct link to a full federal government report on tobacco addiction

<http://www.drugabuse.gov/researchreports/nicotine/nicotine.html>

16. Treating Tobacco Use and Dependence

Extensive federal government resources for providers and patients

<http://www.surgeongeneral.gov/tobacco/clinpack.html>

17. Tobacco Information and Prevention Source (TIPS) by CDC

Searchable CDC website with extensive tobacco control information and links.

<http://www.cdc.gov/tobacco/index.htm>

Marketing Resources

18. GASO 2006 Press Release

Modify this template with installation specific information

http://www.cdc.gov/tobacco/calendar/2006/nov_pressrelease.htm

19. USACHPPM Tobacco Control Resources

Great American Smokeout 2006 resources, previous GASO resources, and other resources for use by installation tobacco control personnel

<http://chppm-www.apgea.army.mil/dhbw/Population/TobaccoCessation.aspx>

Visual Resources

20. Effects of Smoking (Visual Presentation, 2004)

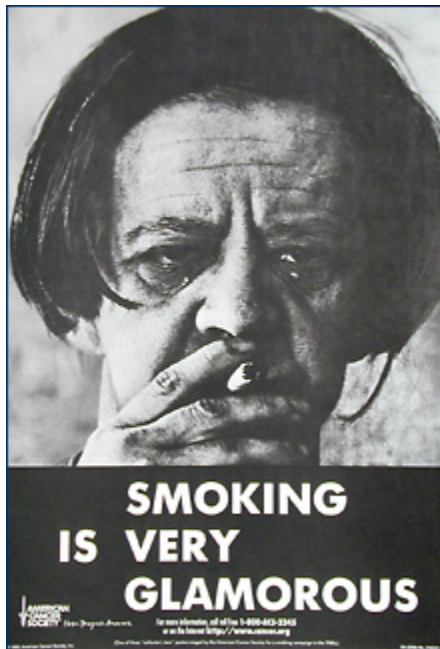
Animated views of the harmful effects of smoking on nearly every organ of the body
http://www.cdc.gov/tobacco/sgr/sgr_2004/sgranimation/flash/index.html

21. It's drug addiction. (Poster)



U.S. Department of Health and Human Services
(Copy by Right Click on poster then choose "Copy")

22. Smoking is very glamorous. (Poster)



American Cancer Society
(Copy by Right Click on poster then choose "Copy")

23. **Smoking Pollutes (Poster)**



American Cancer Society
(Copy by Right Click on poster then choose "Copy")

24. **untitled (Poster)**



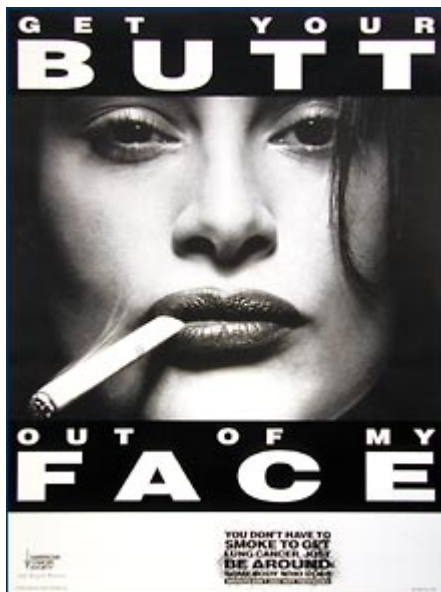
American Cancer Society
(Copy by Right Click on poster then choose "Copy")

25. Child Abuse (Poster)



American Cancer Society
(Copy by Right Click on poster then choose "Copy")

26. Butt Out (Poster)



American Cancer Society
(Copy by Right Click on poster then choose "Copy")

27. STRAC—Be Free!



US Army Center for Health Promotion and Preventive Medicine
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